



Cluttering

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History

- Documented in Europe since 1717
- First textbook written in 1964 by Dr. Deso Weiss
- Pure stutterers – 55%,
Stutterer-Clutterers – 40%,
Pure clutterers – 5% (Daly, 1996)
- There is a great deal of discrepancy amongst professionals regarding the cause/s of cluttering, how to define cluttering, and therapy approaches to reduce cluttering

Cluttering Defined

- “Fluency disorder characterized by a rate that is perceived to be abnormally rapid, irregular, or both for the speaker (although measured syllable rates may not exceed normal limits)” (St. Louis, et al., 2007)
- “Cluttering is a disorder of speech and language processing resulting in rapid, dysrhythmic, sporadic, unorganized and frequently unintelligible speech. Accelerated speech is not always present, but an impairment in formulating language almost always is” (Daly, 1992)

Rate Abnormality Symptoms

- An excessive number of disfluencies, the majority of which are not typical of people who stutter
- The frequent placement of pauses and use of prosodic patterns that do not conform to syntactic and semantic constraints
- Inappropriate (usually excessive) degrees of coarticulation among sounds, especially in multisyllabic words



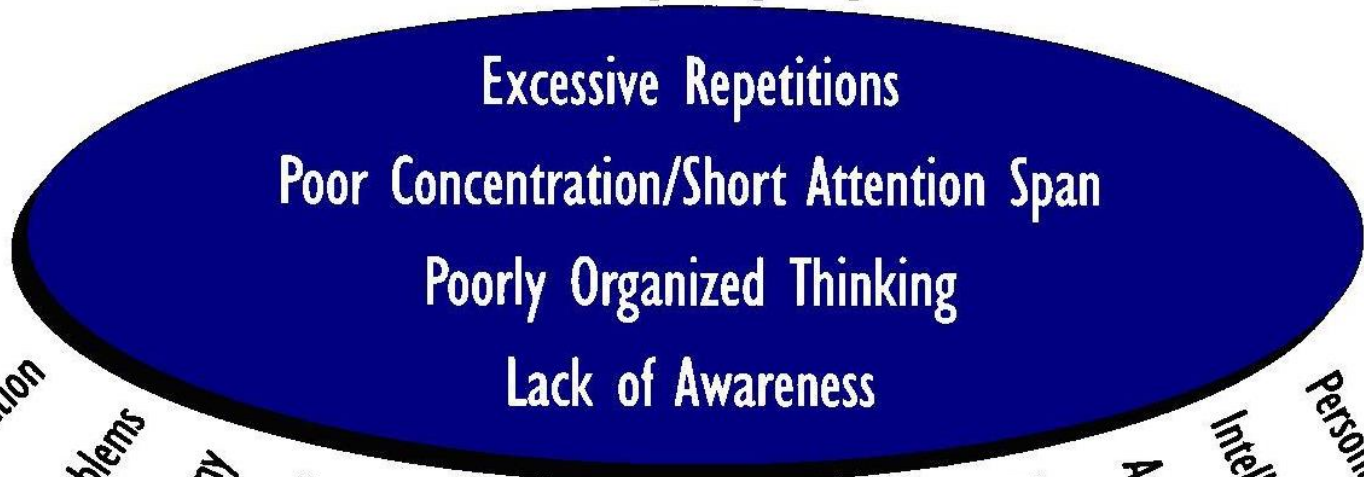
Possible Models of Etiology

- Central Nervous System Function Models
- Cognitive Processing Capabilities Models
- Genetic Models
- Cluttering-Stuttering Models

What Is It? – The Characteristics

- 4 essential characteristics for a Dx
 - excessive number of whole word or phrase repetitions
 - poorly organized thinking (speaks before clarifying thoughts)
 - short attention span and poor concentration
 - lack of complete awareness of the problem

Mandatory Symptoms



- Tachylalia
- Abnormal Respiration
- Articulation Problems
- Monotony
- Lack of Rhythm
- Motor Problems
- Physical Size
- Disorganized Thought Process
- Language Difficulties
- Reading Deficiencies
- Writing Deficiencies
- Auditory Imperceptiveness
- Intelligence Factors
- Personality Factors
- Heredity

Facultative Symptoms

Co-Existing Disorders

Generally Agreed Upon		Possible Theoretical Relevance
Fluency disorder	Language disorder	Central Auditory Processing Disorder
Rate deviations	ADD / ADHD	Basal Ganglia Syndrome
Stuttering	Specific learning disability	Apraxia of Speech
Articulation disorder		Subgroups of Cluttering



International Cluttering Association

- First International Cluttering Conference held in May 2007 in Bulgaria
 - 60 individuals representing 18 countries
 - Voted to form the ICA
- Goal of ICA is to increase public and professional awareness about this communication disorder, so that ultimately more effective treatments can be established
 - Yahoo-based online support group

Assessment

- Speech and Language Performance Tasks
 - Speech samples
 - Articulation tests
 - Language tests – comprehension and production
- Computer-Based Cluttering Assessment Tool
 - Uses a speech naturalness scale of 1-9
- Self-Awareness Measures
 - Self appraisal questionnaires
- Other Potential Tasks and Measures
 - Oral exam, audiological evaluation, samples of motor skills

Supplementary Assessment Tools

- Cluttering Symptoms Summary Checklist
 - 4 mandatory symptoms
 - 6 most common facultative symptoms
 - Other facultative symptoms
- Checklist for Possible Cluttering
 - Total score
- Cluttering Treatment Planning Profile
 - Speech and Motor Coordination
 - Language and Cognition
 - Behavioral – Pragmatic
 - Developmental

Therapy

- Increase awareness and self-monitoring skills
- Improve rate (as well as articulation and speech intelligibility)
- Improve linguistic and narrative skills
- Improve fluency skills
- Improve meta-cluttering skills
- Improve phonatory and respiratory behaviors
- Improve family, friend, and employer support
- Improve collaboration with other team members
- Foster transfer and maintenance

Therapy

- Modifying speech rate and regularity
 - Delayed Auditory Feedback (DAF)
 - Self-monitoring with DAF
 - Window reading
 - Breathing modifications
 - Drone-type speaking style
 - Oral motor syllable training program
 - Exaggerated mouth movements

Therapy

- Promoting relaxation and mental imagery
 - Positive self-talk and affirmation
- Increasing awareness of cluttering
 - Video / audio tape
 - The language of fluency
 - Vibro-tactile feedback
 - Counseling and attitude change
 - Group sessions
 - Interpersonal / listening skills
- Improving attention span

References

- Daly, D.A., (1996). *The Source for Stuttering and Cluttering*. East Moline, IL: LinguSystems
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- St. Louis, K.O., Raphael, L.J., Myers, F.L., & Bakker, K., (2003, Nov. 18). Cluttering updated. *The ASHA Leader*, p. 4-5, 20-22
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